



# UCOOK

## Italian Panzanella Ostrich Salad

with Italian-style cheese shavings, fresh basil & pine nuts

Throw this fresh Italian salad together in no time at all! Succulent ostrich pieces tossed with green leaves and fresh tomato. Sprinkled with capers, pine nuts, basil, and garlic sourdough croutons. Topped with a garlic yoghurt dressing and cheese shavings.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People


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**Chef:** Thea Richter

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 Quick & Easy

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 Alvi's Drift | Sparkling Brut Blanc de Blanc

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## Ingredients & Prep

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2	Garlic Cloves <i>peeled &amp; grated</i>
1	Sourdough Baguette <i>cut into bite-sized chunks</i>
300g	Free-range Ostrich Chunks
40g	Green Leaves <i>rinsed</i>
160g	Baby Tomato Medley <i>cut into quarters</i>
125ml	Low Fat Plain Yoghurt
20g	Capers <i>drained</i>
8g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>
20g	Pine Nuts
60g	Italian-style Hard Cheese <i>peeled into ribbons</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. CRISPY CROUTONS** In a bowl, combine 1 tbsp of oil, ½ the grated garlic (to taste) and some seasoning. Mix until fully combined. Add the bread chunks and toss until fully coated. Place a pan over medium heat with a drizzle of oil. When hot, add the dressed bread chunks and fry for 4-5 minutes until golden and crispy, shifting occasionally. Remove from the pan and set aside.

**2. I'LL FRY IF I WANT TO** Pat the ostrich dry with paper towel. Return the pan to a high heat with a drizzle of oil. When hot, fry the ostrich for 3-4 minutes until browned all over and cooked to your preference. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and set aside. Rest for 5 minutes, lightly season, and toss with the rinsed green leaves and the quartered tomatoes.

**3. IT'S DRIZZLING OUTSIDE** In a small bowl, mix the remaining garlic (to taste), the yoghurt and some seasoning. Add water in 5ml increments until drizzling consistency.

**4. SUMMER SALAD** Plate up the loaded ostrich, sprinkle over the sourdough croutons, the drained capers, the torn basil leaves and the pine nuts. Drizzle over the yoghurt dressing and top with the cheese shavings. Simple yet stunning, Chef!

## Nutritional Information

Per 100g

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Energy	661kJ
Energy	158kcal
Protein	12.5g
Carbs	16g
of which sugars	1.9g
Fibre	1.8g
Fat	4.9g
of which saturated	1.7g
Sodium	261.7mg

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## Allergens

Egg, Gluten, Dairy, Allium, Wheat,  
Sulphites, Tree Nuts

Cook  
within  
4 Days